

## **North Carolina Mental Health Planning and Advisory Council**

**August 3, 2007**

**10:00am-3:00pm**

**Meeting Minutes**

**Members Present:** Jeff McCloud, Emily Moore, Vendia Currie, Tisha O'Neal Gamboa, Katie Sawyer, Kaye Holder, Mark Urban, Rick Zechman (for Esther High from Division of Social Services), Jim Swain (for Dan Fox from Division of Vocational Rehabilitation Services), Carolyn Wiser, Amy Smiley (for Laura White from Division of Mental Health/Developmental Disabilities/Substance Abuse Services), Erin King (for Mary Edwards from Division of Aging), Kelly Jones Nguyen (by phone) and Loretta King (by phone). **Others Present:** Martin Pharr, Dept. of Juvenile Justice and Delinquency Prevention (DJJDP), Deby Dihoff, Executive Director and Cynthia Beston, Peer to Peer specialist, both from NAMI-NC, and Gloria Harrison, 1-800 Consumer Helpline Coordinator. **Staff Present:** Bonnie Morell (for Lisa Jackson, Adult Planner), Susan Robinson, Child Planner, Kelly Crowley, System of Care Coordinator, DMH/DD/SAS.

### ***Welcome, Introductions and Approval of March and May Minutes***

Chair, Jeff McCloud called the meeting to order at 10:15am. Jeff indicated a number of members sent their regrets in not being able to attend this meeting, for some designees were sent. Everyone was welcomed. A quorum was not reached at the start of meeting.

### ***July Committee Reports***

#### ***~ Adult Committee***

Members received copies of the July meetings for advance review and in their meeting packets. The Adult Committee met on July 13, 2007. Nidu Menon from the Quality Management Team, Division of MHDDSAS, was guest speaker. She presented on National Outcome Measures and NC TOPPS. The Adult committee made recommendations to make the NC TOPPS (Treatment Outcomes and Program Performance System) more consumer friendly. Nidu also presented on the NC Consumer Satisfaction Survey and proposed provider report cards. Members discussed the increased ability to access the survey and respond more easily as well as the concern that the ability to submit this survey online could lead to additional submissions. A number of suggestions were made re: making the survey more consumer/family friendly.

Members discussed questions regarding the nature and type of Local Management Entity (LME) Crisis Plans developed for additional funding. Bonnie Morell responded that each LME has to submit a plan for each disability group. Each LME submitted estimates for implementing these plans. The plans submitted were reviewed independently by at least two people at the Division and then if approved, funds for start-up were allocated accordingly. All but four LMEs have approved Crisis Plans. Most of the LMEs are contracting with providers in their communities to provide this service.

Mark Urban asked that the minutes reflect gratitude for the hard work of the committees and their recommendations. Two additional items were suggested to be included in the Plan recommendations: 1) improved continuity of an operations plan in LMEs for management of natural or man-made disasters to maintain their capacity/infrastructure. People need to know that this type of plan exists. 2) Mr. Urban suggested that the Adult Committee address the jail population. In particular, how will LMEs work with this population to ensure that services are delivered in a systematic way? A more substantive plan from the LMEs is necessary to serve this

population. Bonnie Morell commented that this is a very valid concern, the Division works on Jail Diversion and uses MHBG funds in part to fund such services in several LMEs. It was noted that LMEs can establish this as a priority in their community planning process and goal setting locally. Members were encouraged to engage in this process in home communities. Susan noted that this issue was addressed at length in the May Council meeting, among those presenting information and updates were members of the Justice Systems Innovations Team of the Division of MHDDSAS and Wake County law enforcement staff who are implementing Community Interventions Training (CIT).

Vendia Currie highlighted the concern regarding access to services. Members agreed that system navigation is very hard. Consumers have little time or information in order to make informed decisions. The informed consent and choice processes need to be strengthened and timeliness of a better understanding of how to access the system/services for both consumers and providers is needed.

#### ***~Child and Family Committee***

Members received copies of the July meetings for advance review and in their meeting packets. The Child and Family Committee met on July 6, 2007. Dr. Maria (Ging) Fernandez from the Quality Management Team, Division of MHDDSAS, was guest speaker. She presented on National Outcome Measures, NC TOPPS. Committee members reviewed all data, supporting documentation, trends over the past three years and survey/data collection items. Members discussed questions and made recommendations and statements to include in the SFY08 Block Grant Plan. Dr. Fernandez also presented on the NC Consumer Satisfaction Survey and proposed future items that will be used for future block grant plans and reports regarding improved level of functioning and social connectedness. Members discussed transformation indicators to be targeted for this coming year. Members also agreed to make a statement in the SFY08 plan and the SFY07 report that while in the midst of multiple systemic infrastructure and programmatic changes, progress initially attained and noted in the past year's report remains true and consistent. This in and of itself was noted to be a major accomplishment. The committee is, however aware and will be watching data and impact of systems changes carefully in the coming year. It is hoped that while progress continues, changes impacting more positive outcomes for children and families will be sustained over time with lasting results in the lives of children with serious mental health challenges and their families.

#### ***Review and Approval of the March and May meeting minutes and Committee reports***

A quorum was achieved at 10:20am. Chair, Jeff McCloud, called for a motion to accept the March minutes. Mark Urban moved to approve the March minutes and Emily Moore seconded. A unanimous vote to approve the minutes was received. They are accepted as written. Mark Urban moved to approve the May minutes. Emily Moore seconded the motion. Discussion included a correction in the May minutes on page 2, paragraph 2 to read: New York and Connecticut are two of the three states with NC that still charge 16 year olds as adults. A unanimous vote to approve the minutes as revised by Martin Pharr was received.

Mark Urban commended Lisa Jackson and Susan Robinson for their work with the Council as planners and staff supporting Council committees and discussion. In particular, Mark commented on the quality of the minutes, the plans, reports and the process by which Council members are included and engaged in every step of the process. He asked that this be noted in

the minutes. Other members agreed and offered hearty appreciation to the staff. Bonnie acknowledged and thanked the Council for these comments.

***Review of Community Mental Health Block Grant Plan for FY 07-08***

Chair Jeff McCloud, turned the meeting over to Bonnie Morell and Susan Robinson to review the draft MHBG plan.

***~Review of Council Activities and Adult Plan Sections and Recommendations***

Bonnie Morell noted that NC's planning council is very involved in writing the plan and that is unique to other states. She is very impressed by everyone's involvement. She introduced the Executive Summary and the piece about planning council's role (part 3) and activities. Bonnie noted that this is an impressive summary of the work of the group. The key pieces are the achievements and the priorities.

Mark asked about various targets and actions plans and asked what components of the budget address the priorities. Bonnie provided response regarding allocation method, state priority setting and community need/response. Susan noted that the Council worked on one of three major priorities last SFY07 under the leadership of the past Chair, Libby Jones, to better coordinate and align the State Plan and the Block Grant Plan. Meetings were devoted to obtaining adequate information and data in which to begin to clarify and bring the two plans together. Because of the Council's work, there is much clearer specific correlation. In fact, Susan noted that 3 of 5 of the division's state plan priorities focus directly on priorities set thru the federal indicators. The division has worked to integrate common outcome measures that can be useful for both state and federal purposes. This work will continue in this next year's transformation efforts.

Bonnie called for suggestions about the Adult committee's priorities: Education/Training, EBPs, Housing, and Recovery and referred to the July minutes for more details. Kaye added that the Adult Committee spent a lot of time discussing these priorities and Lisa has captured the discussion very well in the committee's minutes. Mark Urban added that the Adult Committee's priorities could also be more specific. Flexibility can be helpful for agencies trying to implement EBPs, but we should be more specific about what we mean and in measuring our intent.

Emphasis on housing was supported by the council. Jim Swain, from Division of VR, asked about where employment fits in to the adult committee's priorities. Members indicated it was reflected under housing and also noted that it is part of peer to peer support as well. Mark indicated that the goal is not about just employment but involvement in civic activities, community inclusion, perhaps. Mark will submit language to Lisa and Susan. The goal is that consumers are part of the community, not just paid to work. Tisha noted that employment is very much related to recovery as well. Recovery is not just a concept--it's about quality of life. Mark and Tisha agreed that adding civic engagement as part of the definition of recovery would reflect this need. Jim suggested that the Memorandum Of Agreement be added into the priority regarding housing since both Divisions have been working diligently on its completion. Susan noted that much of the work from this year's meetings has been added into the plan draft.

Bonnie also reviewed the data tables related to the Indicators, Targets and Action plans. Mark added that this data is essential to mental health advocacy across the state. Susan noted that at both of the July committee meetings, members looked at the trend data from the past three years

and that was used to help inform the committees' decisions on projected targets for this year's plan.

Bonnie reviewed the tables. The source of data for the employment measure for supported employment was discussed. Bonnie clarified that it is through NCTOPPS data but in no other ways is the VR data tied in yet to this report. Bonnie clarified that data on "Increased Service Access by Older Adults" reflects treatment teams, not numbers of adults served. Homeless data continues to increase because funding for PATH (Programs for Assistance in Transition from Homelessness) services to adults increased due to the reduction of LMEs engaged with youth who are homeless through these particular funds. The data indicates that rural areas are serving more people per 10,000 than urban areas. This may be explained in that mental health services may be the only resource available. Mark suggested looking at data from the jail study released recently which indicates when people are released, available services are different in urban/rural areas.

***~Review of Council Activities and Child and Family Plan Sections and Recommendations***

Susan Robinson reviewed related Council activities, the Child and Family Committee priorities and recommendations. The Council was asked for comments. The Child and Family Committee priorities include workforce development, consumer and family involvement in workforce development, and peer support for family and youth. Susan noted Council's work in review of each of the Plan's criteria, indicators and measures has been extensive this past year resulting in significant recommendations which are under consideration by the division. An example of this, are the changes recommended to the NCTOPPS wording of items specific to children and youth in which the questions and answers are clearer and relate directly to a child's living arrangement, educational progress/school status and involvement with justice.

Susan reviewed the criteria of the plan and referred to July minutes for more details. The priorities of the Child Committee were discussed for the text of the plan within these five main criteria. Susan briefly summarized the Child Committee's discussion about the progress that has been made in provider workforce development, indicators across all systems, asked for additional data. Council members agreed with the priorities, and Mark suggested that the priority on workforce development should address capacity and quality, both can be measured, not just workforce development broadly.

Susan reviewed the child committee tables. More data mining is required to clarify some of the measures. Data for Multi-systemic Therapy (MST), a new service definition, will be added when the data is available. Several new MST providers are starting up in NC and the data should increase over the next year. NC is only one of two states, Texas being the other, which uses PATH funds for youth. There will only be one site this year statewide using PATH funds for homeless youth-- this will be Durham. Mark asked for clarification about the decrease in funds for homeless youth, as a budget is a reflection of priority and Mark asked the Council to consider this. The concern raised: when the state reallocates funds from children to adults, the emphasis on youth is lost from that point in time forward, not to be gained back.

Susan noted that PATH dollars are for both adult and child with serious mental health needs with the purpose of this federal funding to identify and engage in services those who are homeless with serious mental health needs. She indicated that the committee discussion included watching this data and other data sources such as at Department of Public Instruction through their

McKinney Vento federal homeless funds to see if more children with mental health needs are gaining access to care through the local school's homeless coordinator. In addition, in the coming year, the division will be working with the Division of Social Services to look at children in common or in transition who gained access to services through the LINKS transition federal funds for those who may have been homeless, in need of a safe guardian and in need of mental health treatment. Mark suggested that one of the larger school systems or LMEs might be interested in piloting a program to address the needs of youth who are homeless. Loretta King added that the homeless youth population is increasing in Gastonia and supported Mark's suggestion. Refer to July minutes for more details.

***~Council Letter for submission with the SFY08 Plan***

Chair Jeff McLoud reviewed the letter of acknowledgement that will be submitted with the plan to Washington. It will be distributed to the Council members for review.

Mark noted a concern that the MHBG plan is not fully reviewed until the Council sees how funds are allocated in relation to the Council's priorities-where is the Block Grant funding being used to leverage these priorities. Jeff McLoud supported this request. Susan reminded the group that we have reviewed all criterion, contracts and services associated with the Block Grant indicators throughout the year in each of the Council meetings. This has included contractor reports provided to the Council over the course of the year. Bonnie asked Council members to remember that Block Grant money is 3% or less of the money going into our system. This type of report would be very difficult to compile because so many funds address the same priorities that the Council has identified.

Note: Susan Robinson indicated that Kelly Nguyen, Chair of the Child and Family Committee, had called during the meeting to indicate that while driving in for the meeting, her car had a flat tire and she was waiting for assistance. Kelly offered her regrets and asked a committee member or Susan to complete reports and offer comments in the context of the committees' work and recommendations over the past several meetings in review and preparation for completing the Plan. Kelly also indicated she wanted Jeff to know she wanted to work on the focus groups when that item was discussed.

***Lunch***

The meeting reconvened at 12:35pm.

***Council Project Discussion - Focus Group Proposal***

Jeff outlined the proposal he offered at the meeting in May for follow-up discussion. He stated that funding will be used primarily for travel reimbursements for Council members to conduct the focus groups in the Western, Central and Eastern regions. There will be a sub-committee/task group established to work on this project. Members who have agreed to help include: Jeff, Kelly and Tisha. It was suggested that the group work with "NC DAN" to publicize the focus groups and to work with "Protection and Advocacy for Individuals with Mental Illness with the Carolina Legal Assistance" to help with this project as well. Jeff asked for member agreement to proceed with this effort in the Spring 2008. Jeff stated that Lisa and Susan would be staff to these events and support Council members' participation as needed. Jeff indicated he would chair the group. Mark moved to utilize the \$1000 allocated by the Division to hold to act on this project and request more funds from the Division if necessary. Emily seconded. All members present agreed.

***Other Business******~ Future Meeting Dates and Planning for October and November Agendas, Setting Meeting Dates for Calendar year 2008***

Jeff invited members to brainstorm future meeting agenda topics: Tisha suggested a review of the Division's budget and any changes in this year's budget. Mark suggested a one-page document so that the Council can better understand the mental health budget; and Tisha also suggested discussion of the focus group project- really mapping out a good plan for this effort together at the next meeting: geography, number, access, transportation, participant accommodations.

Jeff asked Susan to provide proposed future meeting dates and topics. Susan referred members to their packet for the list of meeting dates proposed for SFY08. Members present agreed to maintain the first Friday of every other month meeting day and time, with exception to July for committee meetings in drafting the plan and October and November in which the report will be the focus with no meetings in September and December (due to state planners meeting plan/report submission deadlines). It was agreed that the Council committees will continue to meet separately for part of the regular Council meetings as break-outs and both will meet in July to work on their sections of the draft plan. Tisha asked the meeting agenda topics be planned in advance as was done in the last year. Tisha indicated that was helpful in keeping focused and getting through the full Plan requirements this past year. She indicated she learned a lot through this process. Susan stated staff would confirm meeting space and finalize list of meeting dates for distribution at the next meeting.

***~Member Updates***

Jeff asked members if they had information or activities that they wanted to share with the group.

Jeff provided several updates to the Council. He will attend a State Mental Health Director's meeting in Arlington, VA with a focus on trauma.

Martin reported his new role at the Department of Juvenile Justice and Delinquency Prevention is legislative liaison. Much of this year's work has just finished. DJJDP funding did not fair well in the budget -over 200 (vacant) positions will be cut over two years. Legislative bill to increase the juvenile jurisdiction age in NC from 16 to 18 years old was rolled into a study bill. Martin mentioned that there is a welcomed emphasis from being "tough on crime" to "smart on crime."

***Presentations/Discussion Regarding Recommendations to the Division for Use of Increased Block Grant Funding***

Jeff stated he had invited those who sent proposals for use of the recent block grant increase to come to this meeting and speak with the Council. He reminded the Council that they did not have final decision-making authority and were solely making recommendations to the Division of MHDDSAS on the use of the recent increased block grant funding. Jeff reminded Council members they had received a copy of the letter he drafted and was sent by the Division to the federal Center for Mental Health Services office regarding acceptance and planned use of the funds. The funds will be accessed for use during SFY08 because they were allocated so late in SFY07. He introduced guests who submitted proposals to him. Jeff invited Deby Dihoff to speak first and indicated he would speak on behalf of the second proposal.

***~Proposal I – NAMI/NC***

Deby Dihoff, Executive Director and Cynthia Beston, Peer to Peer specialist, from NAMI-NC. NAMI provides, support, education and advocacy. Ms. Dihoff distributed a summary of the programs which she referenced. She presented a proposal for use of the increased block grant funds to support psycho-educational programs: *In Our Own Voice*-persons with mental illness speak about their experiences; *Peer to Peer* Recovery Course and support groups (refer to handouts). Programs NAMI/NC offers are based on the recovery model and are free to participants. They are hoping to expand these programs to more youth and families. Deby also talked about the Statewide CIT (Crisis Intervention Team) initiative and mentioned their related upcoming conference in the fall. NAMI is in partnership with the Division in supporting further implementation of this program. Martin Pharr asked about support resources for people released from jail. Deby mentioned that they are very much looking to increase outreach efforts to this population. Tisha asked how much money NAMI was requesting and Debby reported about \$100,000. There was some discussion about NAMI's overall budget.

Cynthia provided a view from her personal experience and stating she had just graduated from the *Peer to Peer* program as a facilitator. Twenty-three people were trained ranging in age from 17-70 years old (refer to handouts).

Gloria Harrison, also from NAMI, commented that many traditional provider services, like DBT (Dialectical Behaviorial Therapy) outpatient therapy three times a week are not available in part of NC but that growing the *Peer to Peer* programs would be very helpful to people. Katie Sawyer commented that she teaches the Family-to-Family Education Course and how she is amazed at the effectiveness of this program. Amy Smiley asked how to find out more information about support groups. Debby mentioned their website at [www.naminc.org](http://www.naminc.org) –click on the left hand side link that says “Programs” to find out more about opportunities for support.

***~Proposal II – NC Families United***

Jeff stated that he had received a proposal for use of Block Grant funds from NC Families United. Gail Cormier was not able to participate today, but had asked Jeff to review with the Council. Jeff distributed copies of the proposal and read it aloud to the Council (refer to the handout for more details). Both Tisha and Loretta voiced support for this proposal. The Council agreed that both of these proposals are in line with the priorities and goals of the MHBG plan.

There was discussion about this unusual increase and how the Division will proceed with allocating the funds. Jeff made it clear that an organization does not have to come to the table to be considered for funding. The Division will make the final decision about the use of the increase.

***Wrap-Up***

Susan distributed and collected mileage reimbursement forms. Jeff thanked everyone for their participation and adjourned the meeting. Jeff indicated there would be no meeting in September and the next meeting would be on October 5 at the same place and location. Emily Moore moved to adjourn at 3:16pm, with a second received, and all voting affirmatively.